

August Senior Center Gazette 2005



Senior Center Interior Painting and Renovation

You have all noticed the newly painted exterior of our Senior Center. Sometime in August, the interior will be repainted. We will be able to give you dates, as soon as we know them. If you have respiratory problems or other health problems that might be aggravated by the painting, please stay away from the areas being painted. We also want to encourage everyone to be aware and watchful, following all instructions for your safety, while workers are in the building. Then we can all enjoy the beautiful results of this welcomed project.

Senior Center Student Art Show

Fri., August 19, 10 am-2 pm

Come and celebrate the student art from Aurelia Martinez and Dimitri Grudsky's art classes. View the great variety of style and talents of our students. Some paintings may be for sale as well.

August Birthday Party Friday, August 12, 1:30 pm Entertainment by Bob Madsen

Join in the festivities of our August Birthday Party with wonderful music by Bob Madsen. Come to enjoy the songs and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in August.

Mayor Bob Wasserman Current Events Class Weds, August 10, 10 am Join in the discussion.

**Garden Club Pot Luck
Weds, August 17, 12:30 pm
George Malone's Home
41531 Fordham Ct, Fremont
Bring a tasty pot & your swim suit.
RSVP, Senior Center, 790-6600.**

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

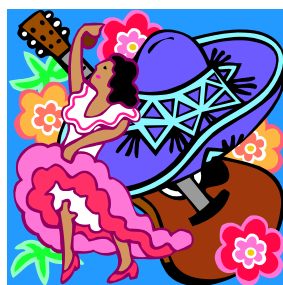
Our Evening Out - It's a Fiesta! Monday, August 15, 5:30-8 pm Entertainment by Flor de Mexico Folklorica Dancers

The City of Fremont's Caregiver Support Program wishes to acknowledge the energy and commitment of caregivers for their loved ones. We invite those who give care and those who receive care, along with their families, to join us.

Chips & Salsa, Green Salad with Ranch & Ortega Chili Dressing
Chicken Enchiladas
Spanish Style Rice, Corn Fiesta
Virgin Margaritas & Mexican Flan

**RSVP by Monday, August 8 to
Monica at 510-574-2057**

Donations of \$5.00 or more are gratefully accepted towards the program.



Trips 2006 Meeting Tuesday, August 23, 1 pm

Please submit suggestions for day trips and longer trips to be considered at the Trips 2006 Meeting. We want your input. We have several possibilities for overnight & international trips including:

Caribbean Cruise & a few days in Florida with Collette, with all outside veranda rooms. In **March**, travel to San Juan, St Thomas, Catalina Island, Casa de Campo, Santo Domingo, Nassau.

Australia and New Zealand with American Stage Tours & Collette Vacations, **April 22-May 11, 2006**

The Best of Eastern Canada with Collette to Quebec City, Ottawa, Toronto, Niagara Falls, & the Annual Canadian Tulip Festival, in **May 2006**.

Alaska Cruise with American Stage Tours in **August 2006**.

Polar Bears at Churchill on Hudson's Bay with American Stage Tours in **October 2006**.

Branson Holidays with Collette in **December 2006**.

England or Scotland with Collette in the Summer?



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.